

# The Fort Huachuca Scout®



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Creating  
future leaders  
Pages 16, 17

Photo by Rob Martinez

## Inside

UAV Training Center  
New  
building for  
UAV  
trainees.

See Page A3



Deployment  
11th Signal  
Brigade  
deploys  
personnel.

See Page A10



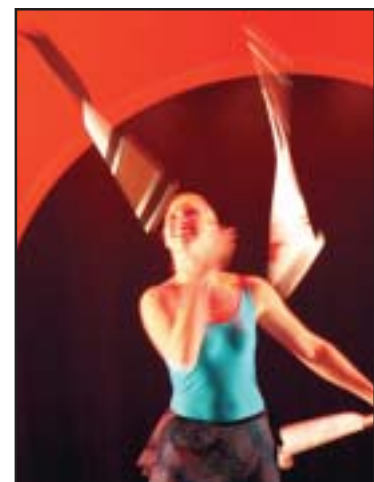
Health Fair  
Health  
center  
hosts  
Children's  
Health Fair.

See Page A11



Recreation  
Soldier  
show  
comes to  
Fort  
Huachuca

See Page B1



# Fort Huachuca Labor Day holiday safety

BY MAJ. GEN. BARBARA G. FAST

COMMANDING GENERAL FORT HUACHUCA

1. The Labor Day Holiday 2005 will soon be upon us bringing an opportunity for all of the Fort Huachuca hard working Soldiers and civilians to get away and relax with their families and friends and to enjoy the many recreational activities available. I am asking for your personal commitment in doing our best to reduce the number of injuries and deaths of Soldiers, DA Civilians and family members which have historically oc-

curred over Labor Day.

2. Last year accidental deaths in the Army increased more than 20 percent. Within TRADOC, 24 Soldiers were killed in safety-related accidents over the past 11 months. Accidents involving privately owned vehicles tragically took the lives of 16 Soldiers alone. Their families, friends and co-workers are left with the sorrow. I charge all leaders to take time during the work day to sit down and personally talk with Soldiers and citizens alike stressing the importance of their safety and our sincere

concern for their well-being, safe return and for their family and friends. Ensure that POV inspections (especially motorcycles) are done and that safety discussions are face to face and informative. If individuals are traveling, ensure they set reasonable timelines, especially if they are driving. If you are not satisfied with their travel plans, get involved to change them.

3. POV accidents are not the only hazards. Arizona temperatures quickly top 100 degrees and monsoons bring lightening and flash flooding. Be

Prepared! Local lakes attract many visitors over Labor Day and, as we have seen already, tragically not all who visit the lake come home.

4. Leaders from sergeant to major general can make the critical difference! Your personal care and professional involvement are invaluable if we are going to be successful in protecting our most important resource on Fort Huachuca and the surrounding community; PEOPLE. Enjoy your much deserved break and make this the safest Labor Day weekend ever!

## Deployment brings easy question, tough answer

BY SPC. JENNIFER FITTS

ARMY NEWS SERVICE

I've been asked before what makes me stay in the Army through what will probably be, in its entirety, an almost three-year separation from my husband, and I can't seem to explain it.

Why am I in the Army?

The simple answer might be "patriotism." My patriotism toward the Army is the topic of this commentary, but there's so much more to it than that.

Yes, I am a patriot. I love my country and I'm proud of her. I'm not proud of everything that she's done, but I am proud of her as a whole. I am proud of the ideals that my country stands for; proud of the people who, whatever background they come from, stand beside me and say "I'm an American."

I'm proud of the country that my great-grandparents risked their lives to come to, from Holland, from France, from Poland and from Russia. They saw a golden land, one where dreams grew wild in endless stretches of land. I still see that original promise that brought them here.

I see those very same dreams, though there are days when those dreams don't shine so brightly, and I wonder if the "American Dream" is a shadow that I've been told to chase with no hope of actually catching it.

Then, the sun comes out again, and my dreams, so big that only a land as vast as America could hold them, shimmer in the sun like treasures scattered over mountains.

I love my country.

I love her with a fierce pride and a passion that isn't always explainable to someone who hasn't experienced that love.

I love my country enough to answer her call, to put my civilian life on hold to respond to the burden she asks me to pick up, regardless of whether or not I agree with why she's asking me.

I love her enough to wear a uniform and to possibly give my life in her service.

But there's more to it than that.

Over the years, I've tried putting it in plain words, with various degrees of success.

I'm a patriot, yes, but it's more than a deep and abiding love of my country and a need to give back to her somehow that keeps me in the Army.

It's not the pay; although for the first time in my adult life, I am totally out of debt and living more than just barely above the poverty level.

It's not the education benefits, since I earned them after my first enlistment. The GI Bill is a lovely thing, but it's not why I stay.

It's the people – the Soldiers. The good, the bad and the indifferent.

It's that human factor that reaches out, across backgrounds and educations and lives, and binds us together.

Get a group of people together and the Soldiers and veterans will congregate, usually trading "No kidding, there I was" stories, peppered with obscure acronyms and coarse language.

I've been asked if I could find such fulfilling camaraderie in another field, and I probably could, as

long as certain parameters were met. My alternative calling would have to be challenging, both physically and emotionally and involve things that should suck, but somehow, don't.

I'd require that my other calling involve daily "somethings" that, with rare exception, leave me dirty, tired and pissed off at stupid stuff, but still has me laughing my butt off at the end of the day.

I could probably find that dream job somewhere else, but I love Soldiers, like no one I've ever loved before. They are, in my mind, my family. I've been through so many things with other Soldiers. I've been hurt by other Soldiers and also held up by Soldiers when I thought I couldn't take any more.

I've fallen in love with a Soldier, someone who understands the why, the what, and the how of the Army, and I wouldn't trade that for anything.

I've cried because of my love of the Army and I've experienced anguished heartbreak, enduring personal sacrifices that made me doubt my future in the military.

I've laughed and cried and made friends who will be part of my life until the day I die.

The men and women in uniform beside me show me why I'm proud of my country. My fellow Soldiers remind me day in and day out why it is that I love America and why I stay in the Army.

For that, I thank them.

*Editor's note: Spc. Jennifer Fitts is an Army journalist with the 100th MPAD. Her article first appeared in the Marne Express, a weekly newspaper for Task Force Baghdad and the 3rd Infantry Division.*

## The Fort Huachuca Scout

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# Fort Huachuca UAV expansion

BY ESAU LOLIS

SCOUT STAFF

Fort Huachuca's UAV Training Center completed a \$10.4 million expansion project on Friday that began in Nov. 2003 as part of the Army's aviation modernization plan.

The expansion makes it the world's largest UAV training center.

The center has increased in size from 25,000 square feet to more than 120,000 square feet. The new building will serve as an annex to the applied instruction facility that is the training site for all Department of Army the UAV training.

Before the expansion was complete, training was conducted in temporary trailers that cost the Army \$140,000 a year to rent.

The new building has environmentally controlled heating and air conditioning with humidifier and dehumidifier capability. The annex was built with energy conservation as a main objective. There are "smart" light systems installed that come on when someone enters a room and shuts off when no one is present. There are other energy-sav-

ing amenities as well.

New Army UAV units have caused an increase in the need for operators and mechanics. More than 500 soldiers are currently going through training in 11 different courses.

The purpose of the new building is for simulators. Previously there was not enough room to house the Hunter and Shadow simulators. The new facility now houses 22 simulators so that prior to students actually flying the vehicles in the air space, they can fly a number of simulations.

"The Primary reason for this \$10.4 million dollar expansion is to support shadow operations," Mark Farrar, the UAV Training center director, said.

The energetic Farrar has more than 20 years experience piloting, teaching, and managing UAV operations and is no stranger to combat. He served as a UAV pilot during Operation Desert Storm.

"We are fielding a shadow unit to every brigade in the Army. They will have their own UAV unit that will be organic" he said. The computer based simulators save Army money and minimizes risk to personnel and equipment.



Photo by Esau Lolis

**Soldiers train in a 4000 square foot room in the new annex that houses 22 flight simulators. The building officially opened Friday.**

"The flying takes place over simulated areas of interest. They can actually fly around Baghdad" Farrar said. He says that students are able to target and zoom in and out over actual terrain.

"We have the capability of taking satellite imagery, digitizing that imagery, and putting it into the simulator" he said.

Computer based training replaces the

instructor standing in classes. Farrar says the computer has the capability to answer questions that students have while being monitored by an instructor from a computer console.

With the completion of the new facility, the UAV training center will be able to better fulfill training requirements for a changing Army.

## Wounded Servicemember thankful for Army blood donations

ARMED SERVICES BLOOD PROGRAM

All those serving in Iraq and Afghanistan look forward to care packages from family and friends. The care packages Sgt. Erick Castro is most grateful for were sent by people he doesn't know. He never met them face to face, but they will always be a part of him through the blood they donated as part of the Armed Services Blood Program Life Force team.

Somewhere on the road between the Iraqi cities of Ramadi and Fallujah, an element of the 3rd Armored Cavalry Regiment came under fire.

The ambush lasted several minutes. During the firefight, the armored personnel carrier Castro was riding in was struck by a rocket-propelled grenade. In an instant, the round spun him to the floor. In the heat of the fight, Castro and two other soldiers in the vehicle kept firing.

"I didn't think I got hurt that bad," he recalls. "I thought maybe I had a broken leg."

Moments later, he realized the RPG had passed through his left leg at the hip, all but severing it. What happened from that point remains a blur. He recalls being MEDEVACed in a Black Hawk helicopter to the 28th Combat Support Hospital south of Baghdad, where doctors had no choice but to amputate his left leg at the hip. Critical to his treatment at the 28th CSH were the transfusions Castro received to replace the blood lost since his injury.

From the 28th CSH, Castro was flown to Landstuhl Regional Medical Center in Germany for more op-

erations to stabilize the wound.

A month after the attack, Castro found himself at Walter Reed Army Medical Center, receiving more attention and starting a lengthy regimen of physical therapy. He was fitted with a state-of-the-art prosthesis made of titanium alloys that has returned much of his mobility.

Despite the devastating injury, Castro had several things going for him. Though the RPG inflicted severe injuries on Castro and his teammates, it did not explode. Had it exploded, it would have peppered them with deadly shrapnel.

Additionally, advances in training and technology placed highly skilled medical personnel closer to the fighting, with more advanced equipment and supplies than ever before. After the attack, fellow soldiers applied their first aid training to keep Castro from losing too much blood while waiting to be evacuated. The next set of helping hands came in the form of responsive medical units that gave Castro the initial treatment he needed to survive the "Golden Hour," a term used in medical circles that emphasizes the importance of preventing shock due to excessive blood loss in the first hour following a severe injury.

All these things were critical to Castro's survival, but the most important thing Castro had going for him may have been the generosity of his military family thousands of miles away who made sure blood was available to replace the blood he lost. These donations saved Castro's life.

"I'm thankful for that," Castro says. "I lost a lot of blood. If it wasn't for that, I wouldn't be here today."

The blood he received came through the Armed Ser-

vices Blood Program thanks to its team of dedicated donors—the Life Force. The ASBP collects blood from the military community for the military community. Through their contributions, Life Force members have saved countless lives at military medical facilities at home and around the world.

The Life Force team did not just provide blood for the facilities that stabilized Sgt. Castro. Blood provided by this elite team was delivered with precision and accuracy for each of the many surgeries he has undergone since the ambush. Castro cannot remember how many operations he has had so far. "Somewhere in the teens," he says.

Recovery from his injury has been slow, but steady. Physical therapy sessions have been difficult. At first, the simplest of tasks on his prosthesis were daunting.

"In the beginning, I would sweat just standing up," Castro recalls. Before leaving Walter Reed, his physical therapy regimen had expanded to an hour or so a day and included pushups, walking, stair climbing and more.

Castro is thankful for every day he has seen since the attack. He is also thankful for the Life Force members that help ensure blood is available when the military community needs it. He reminds those who are eligible to donate whenever they can.

"Donating is very important," he says. "Somebody might need it at any time. One pint might help a guy—maybe even save his life. If you can give, do it."

For more information on becoming a lifesaving member of the Life Force team, contact the WBAMC Blood Donor Center at 568-5365/3365 or visit the ASBP Web site at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).



# Life insurance for Soldiers raised

## SCOUT REPORTS

Section 1012 of the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005) increases the Service members' Group Life Insurance maximum coverage to \$400,000 effective Sept. 1, and allows reduced elections in increments of \$50,000.

On the effective date, all members eligible for SGLI at that time will become insured for the maximum coverage of \$400,000 until they make a valid election on or after the effective date to reduce or decline coverage. The new SGLV 8286 will not be made available until August 31. These changes will not affect coverage under

Family SGLI. Such coverage and limitations on such coverage continue under previously existing rules.

Likewise, beginning on the effective date, all members who become newly eligible for SGLI will have \$400,000 in coverage until they make a valid election to reduce or decline coverage. The monthly SGLI premium remains \$3.25 per \$50,000 of coverage. Therefore, \$26.00 will become the monthly premium for full coverage beginning in September 2005.

### Elections on or after Sept. 1

Levels of Coverage: No election before September 1, 2005 will apply with respect to the member's level of coverage. New SGLI elections continue to become effective the first day of the month after an otherwise valid

election. Thus, all members will be fully insured for \$400,000 throughout the month of September, regardless of any election filed that month.

**Designation of Beneficiaries:** Existing beneficiary designations remain effective in the same proportion to \$400,000 as the proportion of total benefits such beneficiary was designated to receive under the last valid SGLV 8286. Such beneficiary proportional designations remain effective until a new SGLV 8286 (September 2005 version) is properly completed on or after Sept. 1.

**Premium Liability:** Should a member desire less than the automatic maximum coverage, that member should

See **INSURANCE**, Page A14

# Community Spouses' Club seeks new members

## SCOUT REPORTS

Last week, the Fort Huachuca Community Spouses' Club held their annual Membership Drive and Community Information Fair. The purpose of the event was to showcase the Spouses' Club's activities and sign up new members, as well as give visitors a taste of what there is to do in the surrounding area. The Club's Board set up tables at which they gave out membership gifts, recruited volunteers for various club fundraisers, and sold beautiful items such as Stars & Bars Polish Pottery and White House Ornaments. In addition to the Club's activities, there were representatives from many facets of the Fort Huachuca and Sierra Vista communities who were showing off their programs, and why this is such a great place to live.

The Community Spouses' Club is a great way to enjoy the camaraderie of the larger Army Family, to meet new friends, enjoy fun social activities, and broaden your horizons. The white-glove

cliché of years' past is not what this club is about! There are monthly functions (some at lunch, others in the evening) with fun and educational programs as well as great shopping opportunities and chances to win great prizes. Childcare is offered onsite at the luncheons so that young mothers can attend.

Some of the biggest events of the year are sponsored by the Spouses' Club – such as the Holiday Craft Bazaar, the Holiday Tour of Homes, and the Art Auction and Wine Tasting events. All of the proceeds of these activities, as well as a bi-weekly Bingo game, go towards scholarships and disbursements. The Spouses' Club is proud to be the only organization offering scholarships to adults in continuing education as well as to high school seniors.

The first luncheon of this year will be at the Thunder Mountain Activity Centre on Sept 21. A social hour starts at 10:30am, and lunch is served at 11:30. The program will be a fashion show presented by Dillard's. We will also be taking donations of school



Photo by Spc. Marcus Butler

### The Community Spouses' Club at work recruiting new members.

supplies for Ft Huachuca's Schools at our "We Care" table. We'd love to have you join us, either as a new member, or a guest. Lunch costs \$10.00.

The Community Spouses' Club is open to all spouses of service members (enlisted, officer, student, active and reserve), civilian employees, and

retirees. Active Duty and DoD Civilians may also join as Associate Members. Membership costs \$20 for a full year. E-1 to E-5 spouses and those over age 62 may join for half price. Please call Membership Chairperson Ruth Quinn, at 452-7982, for an application today!

## Rabies alert

A fox was killed last week in Ash Canyon and has tested positive for rabies.

The local sheriff's office responded to a call about a fox getting into a fight with a family dog. They responded, euthanized the animal and sent the head to Phoenix for testing with the positive results just coming in a short while ago. The family dog is being quarantined.

For those living in or visiting the general vicinity of the canyon areas please be aware of the issue.



Photo by Thom Williams

## Food locker

**Chief Warrant Officer Rod Creuss of the 2-84<sup>th</sup> MI Bn., stacks meat in a refrigerator at the Main Post Chapel food locker. The chapel's emergency assistance program is running short of many items that it gives to people with financial emergencies.**

# Fort Huachuca Labor Day closures

The following AAFES facilities will be closed on Labor Day (Sept. 5):

Admin Office  
Barber Shop, Greely Hall  
Barracks Phone Center  
Baskin Robins  
Beauty Shop  
Cochise Theater  
Enterprize  
Greely Hall Diner  
JITC Cafeteria  
Laundry, Dry Cleaner, Alteration  
Laundry and Dry Cleaner, MCSS  
Laundrette (closed for renovations)  
Mitiary Clothing Sales Store  
Mobil  
Taco Johns  
UPS Store

Wired Coffee Clinic (closed Sept. 2 and 5)

Wired Coffee PX Mall (closed Sept. 2 and 5)  
Xtreeme Franks

Other facilities will be open on a reduced schedule. Those facilities are:

Anthony's Pizza (10 a.m. to 4 p.m.)  
AT&T Cyber Zone (8 a.m. to 8 p.m.)  
Barber Shop Main Store (10 a.m. to 4 p.m.)  
Barber Shop Regimental (11 a.m. to 4 p.m.)  
Burger King  
(Sept. 3, 7 a.m. to 7 p.m.)  
(Sept. 4, 10 a.m. to 5 p.m.)  
(Sept. 5, 10 a.m. to 5 p.m.)  
GNC (11 a.m. to 4 p.m.)

Flower Shop (11 a.m. to 4 p.m.)

Furn/ODL (10 a.m. to 5 p.m.)

JITC Cafeteria (Sept. 4, 7 a.m. to 1 p.m.)

Main Gate Shoppette (8 a.m. to 8 p.m.)

Main Store (10 a.m. to 5 p.m.)

Optical Shop (11 a.m. to 4 p.m.)

Regimental Food Court-Anthonys  
(Sept. 2, 10:30 a.m. to 7 p.m.)

(Sept. 3, noon to 6 p.m.)

(Sept. 4, noon to 6 p.m.)

(Sept. 5, noon to 8:30 p.m.)

Regimental Food Court-Charleys  
(Sept. 2, 10:30 a.m. to 7 p.m.)

(Sept. 3, noon to 6 p.m.)

(Sept. 4, noon to 6 p.m.)

(Sept. 5, noon to 8 p.m.)

Regimental Food Court-Popeyes  
(Sept. 2, 10:30 a.m. to 7 p.m.)

(Sept. 3, noon to 6 p.m.)

(Sept. 4, noon to 6 p.m.)

(Sept. 5, noon to 8:30 p.m.)

Regimental Retail Store (8 a.m. to 11 p.m.)

Robin Hood Deli (11 a.m. to 5 p.m.)

Shoppette/Class 6 (8 a.m. to 9 p.m.)

Wired Coffee Mini Mall (9 a.m. to 8:30 p.m., Sept. 2 and 5)



**Advertisement**

Range Closures

Today – AL, AV, AP, AU, AW, AY, T3  
Friday – AA, AG, AH, AL, AP, AU, T1, T1A, T2  
Saturday – AA, AG, AH, AL, AP, AU  
Sunday – AA, AG, AH, AL, AP, AU  
Monday – AA, AG, AH, AL, AP, AU  
Tuesday – AA, AG, AH, AL, AP, AU, AM, AW, T1, T1A, T2, T3  
Wednesday – AA, AG, AH, AL, AM, AP, AU, AW, AY, T1, T1A, T2, T3

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Service Certification

The registration deadline for the fall Automotive Service Excellence Certification Examination is noon, Sept. 12. Registration forms may be picked up at the testing office in the Education Center, Bldg 52104. DANTES authorizes funding for a maximum of three \$25 ASE exams for each semi-annual examination cycle.

Active duty and Reserve component personnel in a related MOS are eligible to test for either credit-by examination or for certification. DANTES does not fund the L1, L2 or any recertification tests. All examinees must pay the \$32 registration fee. Testing dates for the fall ASE cycle are Nov. 10, 15 and 17 and will begin at 7:30 a.m. For more information, contact Diane Jette at 533-1701.

Chapel meetings

Join the Fort Huachuca chapter of the “Protestant Women of the Chapel” every Tuesday at the Main Post Chapel for fun, fellowship and Bible Study. Fall Bible study will meet every week throughout the school year. The morning meeting is from 9 a.m. through 11:30 a.m. The evening bible study is from 6 p.m. through 8:00p.m. Childcare is provided for the morning meeting for children ages six months through home school age. There are five studies to choose from.

This year marks PWOC’s fiftieth anniversary of ministering to women at military installations worldwide.

Our mission is for you to come to know the Lord and to grow deeper in your relationship with Him through His word. If you’re new to Bible study, this is the place to be! Please join us for this most exciting year. With questions, call Annie Rose at 459-7347. For questions pertaining to the evening study specifically, please call Gloria at 378-7025 or 538-0681.

Fall Fuel wood applications

The U.S. Army Garrison Environmental and Natural Resources Division, Fort Huachuca now has green fuelwood applications available for this year’s cutting season. A limited number of up to one half-cord (or one load no larger than 2x4x8 feet) permits for green mesquite will be sold for \$25.00 each on a first-come, first-served basis. There will be a limit of one permit per household. Permits will be sold to active duty or retired military, and Fort Huachuca civil service and Non-appropriated fund employees.

The cutting season will begin on Sept. 17 and end on Oct. 31. The green fuelwood area is located in des-

ignated areas of the south range on Fort Huachuca. A map of the fuelwood area will be attached to the permit.

To apply for a permit, go to [www.huachucaarmymilfirewoodfuelwood.html](http://www.huachucaarmymilfirewoodfuelwood.html), print and complete the application form and mail to IMSW-HUA-PWB, Environmental and Natural Resources Division, 3040 Butler Road, Fort Huachuca, Arizona 85613-7010. A self-addressed, stamped envelope and a check or money order made out to the U.S. Treasury must be included with the application. Completed applications must be mailed to the office. Successful applicant permits will be mailed out and will not be available at the office for pick-up.

Brush burns planned

Over the next few weeks, the Fort Huachuca fire department will burn brush piles behind the Bonnie Blink housing area. Because of the current monsoon and resulting green up, now is the ideal time to dispose of the potential fuels.

For more information, contact the Installation Forrester Frank Hammond at 533-5701.

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**Advertisement**



# Post works to reduce bird electrocution deaths

BY ESAU LOLIS  
SCOUT STAFF

Members of the Fort Huachuca Conservation Committee met early Tuesday mainly to address the issue of protecting birds from electrocution.

More than 50 key environmental officials from city, state, and federal agencies were present.

Fort Huachuca raptors are in danger of death by electrocution when perching on power lines.

Officials are taking the risk of electrocution very seriously since Fort Huachuca is home to the endangered golden eagle and the threatened Mexican spotted owl.

These two birds and other large birds are of particular concern because of their enormous

wingspan and their instinct to perch high.

The golden eagle's long wing span of 78 inches makes it most vulnerable to electrocution.

The trouble comes when the birds extend their wings touching neutral and live wires at the same time, completing a deadly electric circuit, which almost always ends in death. Other smaller birds are electrocuted when they nest in high voltage areas of the power lines.

Lori Neilsen, of EDM International, a Fort Collins based environmental company, gave a presentation outlining the Fort Huachuca Avian Protection Plan Risk Assessment.

The purpose of the Avian Protection Plan is to minimize electrocution risk to birds, comply with federal laws and to reduce the number of outages and line faults.

Neilsen said that base poles are being retrofitted to make them safe.

She said that line design, planning, and communication can minimize risks to birds and reduce outage costs.

The power lines are attractive to birds because they are in high and remote areas.

"You can't make a pole completely safe, but you can get 98 percent there" she said.

Neilsen presented the panel with several options for making the power lines bird friendly as part of suggestions from the Avian Power Line Interaction Committee.

Plans are aimed at making power lines safer by isolating them with makeshift perches and

See **BIRDS**, Page A11

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**Advertisement**

# Thunderbirds deploy for Operation Bright Star

BY 1ST LT. ANDREA-BERNADETTE PRATT

11TH SIGNAL BRIGADE PAO

Approximately 100 Soldiers from the 11th Signal Brigade deployed to Egypt August 29 for a one-month training exercise in support of Operation Bright Star. These Soldiers represent elements of the 504th Signal Battalion, 40th Signal Battalion, and the 86th Signal Battalion. The main body deploying is Alpha Company, 86th Signal Battalion.

Operation Bright Star is a com-

bined forces exercise which has been conducted bi-annually since 1981. More than 70,000 troops from more than 10 countries normally participate in it. Up to 33 nations have attended the exercise as observers in the past.

The participating Soldiers from the 11th Signal Brigade got together for a farewell barbecue the pavilion on Apache Flats of Fort Huachuca on Aug. 25 with their families. A small advance party will be departed on Aug. 26, and the main body flew out of Libby Army Airfield on Aug. 29.



Photos by Dan Simon



*Above: Lt. Col. Arlester Vernon Jr., battalion commander 86th Signal Bn. addresses the Soldiers and family members at the barbecue.*

*Above left: Soldiers and family members of the 86th Signal Bn. gathered at a barbecue to see off department members of the unit. Soldiers from the battalion are headed off to Operation Bright Star.*

*Left: 1st Sgt. Lamont Chaney explains the finer points of dominoes to his fellow Soldiers.*



# Health center holds Children's Health Fair

BY AMANDA KEITH

SCOUT STAFF

The Raymond W. Bliss Army Health Center hosted a Children's Health Fair Saturday morning.

The health fair "let everyone get ready for school and let our beneficiaries know that we're here for them," Col. Teresa Parsons, the chief nurse at RWBAHC, said.

The fair consisted of several tents set up on the lawn of the health center; each tent housed four information stations for kids and their parents.

"Every department of the health center is represented today," Selina Jeanise, the health center public affairs officer and one of the project directors for the fair, said.

One station, the bicycle rodeo, was run by people from the operating room of the health center; they gave kids tips on safe bike riding practices and how to inspect their bikes for

problems, so they "won't have to come and see us," Staff Sgt. Rochelle Pilz said.

Other stations included a booth demonstrating the dangers of alcohol, where participants wore "drunk goggles" and attempted to control a remote-controlled car and a station giving information on behavioral health featured Elwood the puppet (and his "partner," Dr. Sam Caron, a child psychologist at the health center) who advised parents and kids to buckle up in cars and also handed out information on attention-deficit/hyperactivity disorder.

The fair also featured a car-seat giveaway that had approximately 20 car seats and five booster seats available for parents to take and a helmet giveaway that had approximately 70 helmets to give away to kids.

The Fort Huachuca Fire Department made an appearance at the fair; kids were allowed to climb into the



Photo by Cpl. Dexter Floyd

***Sun safety, an important topic in the desert, was just one information station at the Children's Health Fair.***

fire truck and get a first-hand glimpse at some of the tools of a firefighter.

The fair also featured some recreational activities; face paintings

were available, along with a giant inflatable slide. Bob Hooper, a.k.a. "Tiny," a Sabbar Clown, was also there to make balloon animals for the kids at the fair.

## BIRDS, from Page A8

insulating possible high voltage perch sites. All power lines needing retrofit on Fort Huachuca have been identified.

Conservationists also discussed water conservation and fire concerns on post and in neighboring areas.

There were no fires on post this year thanks

in part to the Bureau of Land Management's planting and replacing of special grasses to deter fires. BLM is working on efforts to continue the operation next year.

The group also addressed the Fort's efforts on conserving populations of the southwestern willow flycatcher, Mexican spotted owl, lesser

long-nosed bat and the 602-acre habitat for the Mexican spotted owl.

Garrison Commander Col. Jonathan Hunter maintained the conservation efforts at Fort Huachuca are in the green and added that more than half of the post environmental goals for 2011 were complete.

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### First Friday meeting

The Military Council of Catholic Women will hold their "First Friday" meeting at the Main Post Chapel at 9 to 11 a.m. on Sept. 9. All ladies are invited. Point of contact is Karen Harper, 458-9582.

### Parish picnic

The Fort Huachuca Holy Family Catholic Parish will have their picnic at 11 a.m. to 4 p.m. on Sept. 18 at Veterans Memorial Park, Sierra Vista. Mass will be at 11:30 a.m.

Bring your own lawn chairs. The chapel is providing meat and drinks. Last name A-N brings side dishes (enough to serve your family plus two); last name O-Z brings desserts. For more information, call Karen Harper, 458-9583.

### Marriage retreat

The 111th MI Bde. Chaplain's Office is sponsoring a Marriage Retreat on Sept. 23-25 at the Pointe Hilton Squaw Peak Resort in Phoenix. Slots are going fast. Deposit is \$60 per family. Make out checks to the Chaplains' Tithes and Offering Fund.

For more information, contact Chaplain (Maj.) O'Grady or Staff Sgt. Robinson, 533-8774 or 538-1252.

### Bible study

Women's Evening Bible Study is being held at 6 p.m. to 8 p.m. on Tuesday nights at the Main Post Chapel. Topic is "Loved by God" by Liz Curtis Higgs.

Contact Gloria Duck, 378-7025,

for more information.

### Chapel meetings

Protestant Women of the Chapel meet from 9 to 11:30 a.m. every Tuesday morning for fellowship and Bible study.

There are several ongoing Bible Studies to choose from. Watchcare is provided.

For more information, contact the PWOC President, Tish Roberts, 458-5198.

### Workers needed

The Main Post Chapel is still in need of watchcare workers. Hourly wage is \$8.

Contact Staff Sgt. Mills, 533-1668 for more information.

### Guild anniversary

The 19th anniversary of the Rosary Guild is at 9 a.m. on Sept. 8. Anyone interested in joining this group (adults only), please contact Christine Bettencourt, 459-3124.

The Guild makes rosaries which are sent all over the world.

### Divine Mercy classes

Divine Mercy classes (study of the diary of Saint Maria Faustina Kowalska), are held from 7 to 8:30 p.m. every Thursday at the Main Post Chapel Activities Room.

For more information, contact Lydia or Roger Nutter, 378-3680.

### RCIA classes

Rite of Christian Initiation of Adults classes begin at 6:30 p.m. on Sept. 6 at the Main Post Chapel.

For more information, contact James Minton, 439-9645.



# Chaplain's Corner

## The definition and meaning of grace

BY CHAPLAIN (CAPT.) TIM REYNOLDS

CHAPLAIN RESOURCE MANAGER

Have you ever worked with someone who criticized everything you did no matter how well you did it? I know I have, and let me tell you I didn't enjoy being around that person very much. Life is not too enjoyable being around a critical spirit.

Well, during Jesus' life he encountered many who saw fault in the things He did. Even when He performed great and mighty deeds among the people He was scrutinized and criticized. Even though He performed miracles of healing, His critics chose to see the negative instead of the obvious. Let's take a look at one of those situations.

A story found in the book of John (chapter 9) communicates the typical mindset of many of the

religious leaders of Jesus' day. Jesus encountered a man who was born blind and decided to give sight to the man. He placed mud on the man's eyes and instructed him to go and wash in the pool of Siloam. The man did just as he was told then returned home able to see for the first time in his life. What an incredible act! I would think that people would rejoice at this compassionate act, wouldn't you? Instead, many of the religious leaders criticized Him for His actions. These leaders were filled with a fault-finding spirit instead of a spirit of grace. Their mini-focus kept them from seeing the big picture of grace.

That event happened almost 2,000 years ago. Surely we don't make the same mistakes today, do we? Do we ever turn what was meant to be a good thing into an instrument of criticism? Do we ever find ourselves seeking to find fault with someone instead of seeing the good things they

are doing. Surely, one of the quickest ways to crush a child's spirit is to focus on what they do wrong instead of what they do right. Are adults any different? Are soldiers? What about you? Do you want to be recognized for what you do right or for what you do wrong?

Let's take the example of baseball. A very good hitting average in the major leagues is 300. When a batter has an average of 300, they are normally considered an excellent hitter. But a 300 average is still missing more than you hit. That's 3 hits out of 10 at bat. Would you be considered successful if you missed more than you got right? Hmm, just something for us to think about. Now I am not saying we should not attempt to do the best we can in everything we do. To the contrary we should do all we can to be the best we can be. But there are many things that some do better than others. All I know is that when someone has

shown me grace when I've done the best I can, I want to do everything I can to live up to that grace.

And what is grace? Grace is undeserved merit. We don't deserve it but it sure is nice when we get it. Grace is contrary to a critical spirit. Grace is giving when you don't have to. Grace is not ignoring the fault but looking beyond the fault to see the big picture. I cannot say giving grace is easy but I can say it will eventually yield the greatest potential for growth. Grace does not exclude us from the responsibility of our actions. Rather it enhances them. Grace must be balanced with individual responsibility for if it is not, then grace runs the risk of becoming a license to do wrong. If grace becomes that license, then judgment will come. So the next opportunity you have to criticize someone, stop and think. Then turn it into a moment of grace.

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Photo by Thom Williams

## A good deed

*Beverly Hawks gives her son Kyle a hug after he received a beret from the soldiers of the Fort Huachuca Equal Opportunity Office last Friday. Kyle and his grandmother were shopping in Sierra Vista when Marilyn approached Sgt. 1<sup>st</sup> Class Suzane Sueing and asked where she could acquire a burgundy beret. Sueing was teaching a class at the time and asked her students if they had an extra beret of the type worn by the soldiers of the 82<sup>nd</sup> Airborne Division. Sgt. 1<sup>st</sup> Class Paul Hulsman had a spare beret and gave it, along with Airborne wings, to Kyle. A few weeks ago Kyle, who is autistic, misplaced a beret that he had received from another soldier.*

## INSURANCE, from Page A4

complete a new SGLV 8286 (September 2005 version) indicating the amount of coverage desired (including no coverage if applicable) and submit that election as soon as possible. If such a member properly completes and submits the form before Sept. 30, the member will not be liable for the September 2005 premium associated with the reduced or declined portion of coverage. This gives members 30 days to reduce or decline unwanted coverage without charge. Units should process elections as expeditiously as possible to avoid the necessity for corrections in financial transactions.

### Elections after Sept. 30

A member who does not make an election to reduce or decline coverage from the \$400,000 level before October 1, will be charged for the full \$400,000 of coverage for September as well as for any other

month in which the level of coverage remains in effect. When a member properly completes and submits SGLV Form 8286 on or after Oct. 1, to reduce or decline coverage, such reduction is effective the first day of the month after such form is properly submitted.

Therefore, the member remains liable for the full premium through the end of the month in which the election was filed.

### Examples

A. A member chooses to reduce coverage to \$300,000 and completes a new SGLV Form 8286 on September 15, and submits such form to his/her unit on the same day. That member's September 2005 premium is only \$19.50.

B. A member chooses to reduce coverage to \$300,000 and completes and submits a new SGLV Form 8286 on Oct. 15. The member is liable for full maximum coverage premiums

in both September and October 2005. The newly elected coverage is effective Nov. 1. This member's premiums would be \$26.00 for September, \$26.00 for October and \$19.50 for November 2005.

### Other

In the past, members of the Uniformed Services have overwhelmingly elected coverage under the SGLI program (over 98 percent), and the vast majority of these select the maximum coverage. The above procedures offer an equitable opportunity to avoid unwanted premiums for those members who desire reduced coverage or no coverage.

As a reminder, the revised SGLV Form 8286 (September 2005) will be available on the DVA Web site [www.insurance.va.gov](http://www.insurance.va.gov) beginning Sept. 1. It is a fillable form for which entries can be made on the page, and then downloaded.

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# Hunting safely on Fort Huachuca

BY THOM WILLIAMS

SCOUT STAFF

Late summer and fall are the busy seasons for hunters on Fort Huachuca. With the many big and small game seasons that open and the increased transportation and firing of weapons, safety always comes up as the most important issue.

Before hunters transport weapons on to post they must plan ahead. All personal firearms used on post must be registered prior to a hunt with the military police vehicle and weapons registration office in Whitside Hall.

Guns that are transported in vehicles must be completely unloaded including not having rounds in an attached magazine.

Hunters using muzzle loading or cap and ball

type weapons must remove the cap from a percussion weapon or the powder from a flintlock. Bow hunters are required to transport their arrows in a quiver. The rules also apply when a hunter walks across a post safety zone.

Target practice and sighting weapons are only allowed on authorized ranges. Any shot fired in a game management area must be made in an attempt to take game. There is an exception for hunters using muzzle loading type weapons who may discharge the weapon rather than having to pull the charge or charges.

In order to hunt on Fort Huachuca, hunters must possess all licenses, stamps and tags required by the Arizona Game and Fish Department.

All hunters must also have a post hunting permit from the post Sportsmans Center and show that

they have completed a hunter's education course, not just a hunting license for a state requiring a hunter's education course. Bonafide education courses include a state sponsored course, NRA or the German hunting courses. Guest hunters are not required to show that they have taken a hunting course.

The Fort Huachuca hunting fact sheet states that all members of a hunting party seeking everything from big game to doves must wear at a minimum, a blaze orange colored hat and a jacket or vest. Camouflage versions of the clothes are authorized, as long as there is blaze orange on at least 50 percent of the gear.

In order to keep hikers and bikers safe during

See **HUNTING**, Page A20

**Advertisement**

# University of Arizona ROTC cadets pe

BY ROB MARTINEZ  
SCOUT STAFF

Members of the U of A Wildcat Battalion rappelled 90 feet off the Koffler (Chemistry) building as part of an ROTC training exercise that doubled as an attention getter for the university's club and sorority day.

The Wildcat Battalion had set up a table, along with other clubs, to inform students of the requirements and benefits of joining the ROTC program in which graduates enter the Army as second lieutenants, and commit to three to four years of service.

Lt. Col. Dan Ortega, professor of Military Science, watched the cadets rappel, and the growing number of spectators.

"This is fun stuff," he said. "All the cadets will do it, in about a month." Ortega said that about half of the cadets whom he asked how they had heard about ROTC said, "I saw you rappelling."

The program offers one to four year scholarships that pay for all classes and books, and an option for concurrent Reserve Duty. Cadets also receive a monthly stipend.

Taken as electives, the first two years require no commitment. But

for those continuing during their junior and senior years, both Active Duty and Reserve commissioning options are available.

Another choice is through the Simultaneous Membership Program, a volunteer officer training program that allows Army National Guard and Army Reserve enlisted members to participate in the Advanced ROTC Program.

There is also a program, Green to Gold, available for active duty soldiers. The Green to Gold Scholarship provides funding for up to four years, depending on degree requirements, and soldiers can use their Montgomery GI Bill and College Fund benefits as well.

In all cases, students keep their regular course schedule as they develop their leadership and military skills in the classroom and in the field with the Army ROTC.

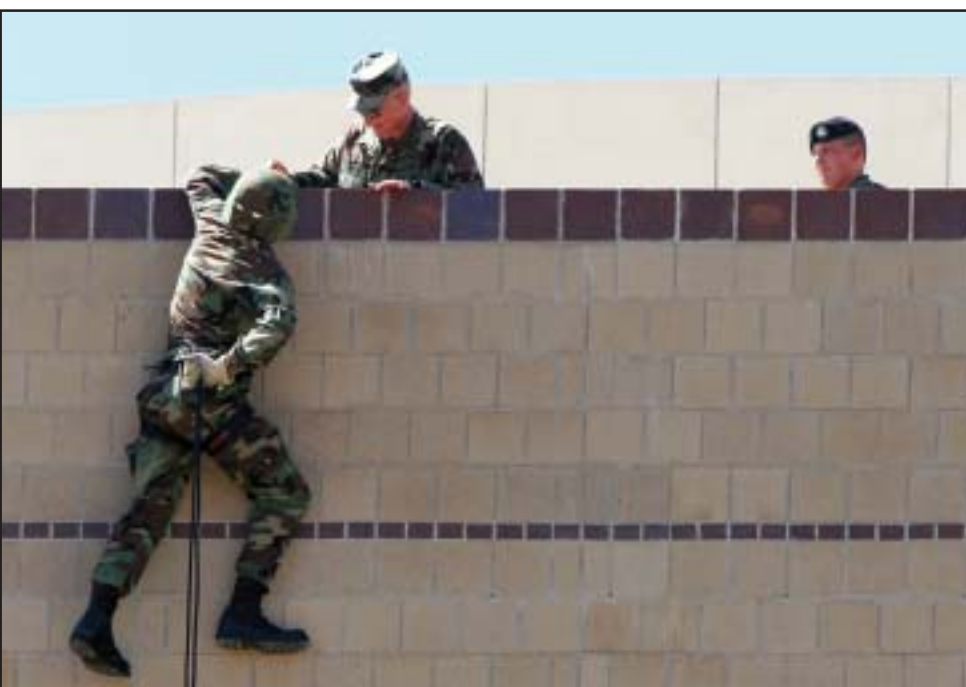
Cadet Caitlin Baiko, a self-proclaimed Army brat, believes it's a great opportunity, and that everyone should spend at least four years in the military.

"I'm proud that I can do my part," she said. Baiko is in her first year, working on degrees in Theater and Political Science.

Baiko chose the Army because "it's the ultimate combinations of

**Top left: Rappelling off buildings, like the cadet pictured here, is a powerful recruiting tool.**

**Bottom Left: Officers watch as a cadet begins rappelling.**



## Become an Army officer

This year the Army has expanded the selection criteria for Officer Candidate School, which is covered by AR 350-31. In addition to changing the maximum age for applicants to 42 (up from 30), the Army has delegated the selection authority down to the commanding general level for FY 06 classes.

USAIC&FH will be holding a special OCS board on October 12-14 at Murr Recreation Center. If you are interested in

applying for this special program you need to see your commander or S-1 for more information or call Rosalie Monge at 533-1503. Packets must be turned in to Monge no later than October 5 in order to be considered and boarded for this program. (All Signal Soldiers should contact the NETCOM G-1 for details). The next regular quarterly OCS Board will be held on December 14 at Murr Recreation center. Contact Monge for more details by calling 533-1503.



# perform on-campus rappelling exercise

all the forces you can have. They've got boats, planes, foot soldiers ... all kinds of resources, and basically any job in the civilian world."

Recruiting Operations and Enrollment Officer, Maj. Adrian Hoadrea, is the contact for any information on the program. He holds a Green to Gold briefing at the Fort Huachuca Education Center every first Friday of the month (except Sept. 9).

"Our goal at the University of Arizona," he said, "is

to train future leaders, treat them as individuals ... mentor them, and ultimately commission them as Second Lieutenants in the Army, so that I can trust the lives of my kids or anybody's kids in their leadership abilities."

For more information, contact Hoadrea.

(520) 621-1609

[hoadreaa@email.arizona.edu](mailto:hoadreaa@email.arizona.edu).

The U of A Web site is <http://w3fp.arizona.edu/armyrotc/rotc/Scholarships.htm>.

**Photos by  
Rob Martinez**

*Right: A cadet demonstrates a walking rappel.*

*Below: A cadet begins rappelling off the University of Arizona chemistry building.*



Staff photo

*Below: Cadet Nathaniel Blackwell, a junior, is due to graduate in May 2007.*

*Below right: A cadet transitions into a hanging rappel.*





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# Ultimate sacrifice paid in support of OIF

Three soldiers who were supporting Operation Iraqi Freedom died on Aug. 25 in Husaybah, Iraq, of injuries sustained when an improvised explosive device detonated near their position.

Killed were:

**Sgt. 1st Class Trevor J. Diesing**, 30, of Plum City, Wis. Diesing was assigned the U.S. Army Special Operations Command, Fort Bragg, N.C.

**Master Sgt. Ivica Jerak**, 42, of Houston. Jerak was assigned to the U.S. Army Special Operations Command, Fort Bragg, N.C.

**Cpl. Timothy M. Shea**, 22, of Sonoma, Calif. Shea was assigned to the Army's 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga.

**Master Sgt. Chris S. Chapin**, 39, of Proctor, Vt., died on Aug. 23 in Ar Ramadi, Iraq during combat operations when he was attacked by enemy forces using small arms fire. Chapin was assigned to the Army National Guard's 2nd Battalion

(General Studies), 124th Regiment (Regional Training Institute), Colchester, Vt.

**1st Lt. Carlos J. Diaz**, 27, of Juana Diaz, P.R., died on Aug. 23 in Baqubah, Iraq, when enemy forces detonated an explosion near his position. Diaz was assigned to the 2nd Battalion, 69th Armor Regiment, 3rd Brigade, 3rd Infantry Division, Fort Benning, Ga.

**Spc. Hatim S. Kathiria**, 23, of Fort Worth, Texas, died on Aug. 22 in Baghdad, Iraq, where an enemy rocket impacted near his position. Kathiria was assigned to the 703rd Forward Support Battalion, 4th Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

**Pfc. Ramon Romero**, 19, of Huntington Park, Calif., died Aug. 22 when the vehicle he was in was struck by an improvised explosive device while conducting combat operations near Fallujah, Iraq. Romero was assigned to the 2nd Bat-

talion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif. As part of Operation Iraqi Freedom, his unit was attached to the 2nd Marine Division, II Marine Expeditionary Force (Forward).

Two soldiers who were supporting Operation Iraqi Freedom died on Aug. 22 in Samarra, Iraq, when they were conducting patrol operations and an improvised explosive device detonated near their HMMWV. Both soldiers were assigned to the Army National Guard's 3rd Squadron, 278th Armored Cavalry Regiment, Sparta, Tenn.

Killed were:

**Staff Sgt. Victoir P. Lieurance**, 34, of Seymour, Tenn.

**Sgt. Joseph D. Hunt**, 27, of Sweetwater, Tenn.

**2nd Lt. James J. Cathey**, 24, of Reno, Nev., died Aug. 21 of injuries caused by an improvised explosive device while conducting combat op-

erations near Al Karmah, Iraq. He was assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Sgt. Joseph C. Nurre**, 22, of Wilton, Calif., died on Aug. 21 near Samarra, Iraq, where an improvised explosive device detonated near his M916 tractor during convoy operations. Nurre was assigned to the Reserve's 463rd Engineer Battalion, Weirton, W. Va.

Two soldiers who were supporting Operation Iraqi Freedom died on Aug. 21 in Mosul, Iraq, where their M915A1 tractor pulling a 7,500-gallon tanker accidentally rolled over. Both soldiers were assigned to the Army's 360th Transportation Company, 68th Corps Support Battalion, 43rd Area Support Group, Fort Carson, Colo.

Killed were:

**Pfc. Elden D. Arcand**, 22, of White Bear Lake, Minn.

Advertisement



**Staff Sgt. Brian L. Morris**, 38, of Centreville, Mich.

Four soldiers who were supporting Operation Enduring Freedom died on Aug. 21 near Baylough, Afghanistan, when an improvised explosive device detonated near their HMMWV during patrol operations. The soldiers were assigned to the 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade, Vicenza, Italy.

Killed were:

**Spc. Blake W. Hall**, 20, of East Prairie, Mo.

**1st Lt. Joshua M. Hyland**, 31, of Missoula, Mont.

**Sgt. Michael R. Lehmler**, 23, of Anderson, S.C.

**Pvt. Christopher L. Palmer**, 22, of Sacramento, Calif.

**Sgt. Willard T. Partridge**, 35, of Ferriday, La., died on August 20 in Baghdad when an improvised explosive device detonated near his vehicle. Partridge was assigned to the 170th Military Police Company, 504th Military Police Battalion, 42nd Military Police Brigade, Fort

Lewis, Wash.

**Lance Cpl. Phillip C. George**, 22, of Houston, Texas, died Aug. 18 from enemy small arms fire while conducting combat operations near Taleban, Afghanistan. George was assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

Four soldiers who were supporting Operation Iraqi Freedom died on Aug. 18 in Samarra where an improvised explosive device detonated near their HMMWV following a mine assessing mission. The soldiers were assigned to the 3rd Battalion, 69th Armor Regiment, 1st Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Killed were:

**Sgt. Nathan K. Bouchard**, 24, of Wildomar, Calif.

**Staff Sgt. Jeremy W. Doyle**, 24, of Chesterton, Md.

**Spc. Ray M. Fuhrmann**, II, 28, of Novato, Calif.

**Pfc. Timothy J. Seamans**, 20, of Jacksonville, Fla.

## HUNTING, from Page A15

deer and javelina season, all fire-arms hunting areas are off limits to recreational users. The only exception to this rule is if the recreational users wear the same blaze orange clothing as a hunter is required to wear.

Fort Huachuca is divided into many game management areas. Military training has priority over all hunts so some or all areas may be closed to hunting at any time.

The Fort Huachuca hunting fact sheet also explains areas what are off-limits to hunting. Hunters are not allowed to use guns within a quarter of mile of many areas of the post that are used for training and recreation. The rule also applies to archery but the distance requirement is 200 yards.

Common sense should also apply to any location or situation in which a person would perceive danger to life and property. Hunting is not allowed within 100 yards of any

major road or a road likely to have regular traffic.

“People should go out and enjoy the camaraderie and the natural setting and atmosphere of the hunt and not feel any pressure to take unnecessary chances when they take a shot and that will keep the hunt fun and safe.” Sheridan Stone, Fort Huachuca wildlife biologist said.

The fact sheet covering the 2005-06 hunting seasons can be found at

<http://huachuca-www.army.mil/USAG/DIS/HuntFactSh%2005-06.pdf>.

A map showing authorized hunting areas for main post can be found at

[http://huachuca-www.army.mil/USAG/DIS/images/game\\_south.pdf](http://huachuca-www.army.mil/USAG/DIS/images/game_south.pdf).

A map of the East range game management areas can be found at

[http://huachuca-www.army.mil/USAG/DIS/images/game\\_east.pdf](http://huachuca-www.army.mil/USAG/DIS/images/game_east.pdf).

# Advertisement

# Monday Night Football Frenzy starts Sept. 12 at Time Out



Time Out will open at 4:30 p.m., each Monday, beginning Sept. 12 for NFL Monday Night Football Frenzy. The Philadelphia Eagles will take on the Atlanta Falcons in the first Monday night contest of the season. Kick-off time is 6 p.m., local time. The facility will remain open until the end of the game each week.

Time Out has six 19 and 24-inch televisions, plus a big screen TV with surround sound, so you'll be able to see and hear all

the action, from the pre-game show to the final buzzer.

There will be door prizes given away each week, free popcorn, and beverages available on a pay-as-you-go basis.

Get the gang together and head to Time Out for Monday night gridiron action this NFL season.

Time Out is located on Arizona Street, across from Barnes Field House. For more information, call 533-3802 or 533-3876.

## New hours at MWR facilities

The following hours of operation go into effect today at these MWR facilities.

The Sportsman's Center will be open 9 a.m. - 6 p.m., Wednesday - Sunday.

The MWR Arts Center will be open noon - 8 p.m., Tuesday - Thursday and 9 a.m. - 5 p.m., Friday and Saturday.

Desert Lanes will be open 9 a.m. - 10 p.m., Monday - Thursday, 9 a.m. - 11 p.m., Friday and Saturday, and 9 a.m. - 9 p.m., Sunday.

Jeannie's Diner will be open 6:30 a.m. - 10 p.m., Monday - Thursday, 6:30 a.m. - 11 p.m., Friday, 8 a.m. - 11 p.m., Saturday, and 8 a.m. - 9 p.m., Sunday.

## Several facilities open Labor Day

Monday, Labor Day, the following MWR facilities will be open for your convenience:

Buffalo Corral Riding Stables will be open 9 a.m. - 4 p.m. for open riding. Mountain View Golf Course will be open 6:30 a.m. - 6 p.m.; and Jeannie's Diner will be open 11 a.m. - 10 p.m.

Desert Lanes will be open noon - 10 p.m., Monday, and will offer bowling for the special reduced price of 75 cents per game, and shoe rental also for 75 cents.

Barnes Field House will be open 8 a.m. - 5 p.m. and Eifler Fitness Center will be open 9 a.m. - 5 p.m., Labor Day.

## Amateur boxing at BFH Sept. 10

MWR will offer you the opportunity to enjoy amateur boxing at its roots, when "Desert Thunder Boxing" comes to Barnes Field House, starting at 7 p.m., Sept. 10.

Get there early, because admission is free and the good seats will go fast. See Fort Huachuca Soldiers go head-to-head in hard-hitting boxing competition.

For more information, call Les Woods at 533-5031.



## Sign up for cake decorating class

MWR Arts Center will hold a new cake decorating class noon - 2 p.m., Sept. 10, 17, 24 and Oct. 1. The cost is \$50 and includes all materials.

You can register at the MWR Arts Center, Building 52008, Arizona Street. For more information, call 533-2015.

## Upcoming tournaments at MVGC

Mountain View Golf Course will hold the annual Post Championship Tournament beginning at 7 a.m., Sept. 10 and 11. The tournament is open to everyone and the entry fee is \$50.

For more information about the Post Championship, call 533-7088.

MVGC will host the Greater Huachuca Men's Golf Club Championship, 8 a.m., Sept. 17 and 18. This tournament is open to all members of the GHMGC.

For more information about this tournament, call Carl Biski at 452-1252.

## Eifler FC closed Sept. 10, 11

Eifler Fitness Center will be closed all day Sept. 10 and 11 for cleaning and maintenance.

For more information, call 533-4723.

## Sale at Arts Center

The MWR Arts Center will hold a large arts and crafts sale 9 a.m. - 4 p.m., Sept. 17.

Items such as ceramics, pottery, jewelry and frames will be marked down 25 percent in price.

Free ceramic painting technique and demonstration classes will be offered that same day to the first 10 people who sign up.

For more information, call the Arts Center at 533-2015.

## Free clay target program for youth

The Sportsman's Center will offer the Scholastic Clay Target Program for all students in grades 5 - 12, beginning at 8:30 a.m., Sept. 17. The program

covers skeet, trap and sporting clays. Students must be accompanied by an adult.

The program, which is sponsored by the Arizona Game and Fish Department, is free and offered on a monthly basis. The only item students are asked to bring is a baseball cap. For more information, call Carl Jensen at 533-7085.

## 10K Run set for Sept. 24

The Reservoir Hill 10 Kilometer Run, the final event of the Sports and Fitness Multi-Sport Summer Series, is scheduled for 7 a.m., Sept. 24. Entry forms are available now at Barnes Field House, or on-line at [www.active.com](http://www.active.com).

For more information, call Michelle Kimsey at 533-3180.

## September Specials at Jeannie's

During September, the burger-of-the-month at Jeannie's Diner is the "Southwestern Burger," made with barbecue sauce, onion and Swiss cheese.

The diner also offers a different lunch special daily. A few of the September specials include: country fried steak; beef stew over noodles; and lasagna. A 16 ounce, non-alcoholic beverage is included with these specials.

Call 533-5759 to place your order for takeout.

## Get Cardinal football packages at ITR

The MWR Information, Tickets and Reservations Office has NFL football packages for all Arizona Cardinal home games.

The packages are for one to four persons per room, and include one night's accommodations at the Amerisuites in Tempe, Ariz., breakfast buffet, tickets to the game of your choice and transportation to and from the stadium. Prices start at \$112 per person.

For more information, call 533-2404 or drop by ITR Office, Building 70914. They're open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com)





## Movies

The Wedding Crashers plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page B6.

# Local teens win world skeet honors



Photo by Thom Williams

**Brisden Eaton (background) and Scott Usry practice steady hold and aiming techniques on the skeet range of the Fort Huachuca Sportsmen's Center. The Sierra Vista teens recently took second place at World Junior Skeet Championships in Mississippi.**

BY THOM WILLIAMS  
SCOUT STAFF

Two Sierra Vista youths who train and compete at the Fort Huachuca Sportsmen's Center recently returned to Arizona with impressive titles as they

won second place in the two-man team portion of the National Skeet Shooting Association's, World Junior Skeet Championships in Tupelo, Miss.

Brisden Eaton and Scott Usry competed against 140 youths from around the globe. The boys were

introduced to the sport about a year ago and figure they've fired 10 thousand rounds each during their brief careers. Eaton also won the runner up title in the 28 gauge shot gun singles competition.

In a sport where it can be challenging for an adult to have a perfect round, Eaton has shot four including one at the World Championships and Usry has two. A perfect round involves hitting 100 clay targets, that move at speeds of between 45 and 47 miles per hour and simulate the flight of a flushed game bird.

Usry said he hopes to one day shoot on the U.S. Olympic team while Eaton's goal is a little more light-hearted; it's to simply keep beating Usry.

"They really feed off of each other and make a great team," Bob Spiczka, an avid skeet shooter who has watched the boys develop says, "If one of them misses, they get on each other and really tighten up on the birds."

During the school year the teens train once a week, but during the summer when school is out, they spend four days a week practicing at the fort's firing range. A normal practice session involves engaging at least 100 or so clay pigeons.

Shooting skeet requires a large financial commitment, so to earn cash for guns and ammunition the teens work during competitions loading targets and "pulling skeet." Pulling skeet involves the activating targets and keeping score. Both youths also load their own rounds at home to cut costs and figure they can have 100 rounds ready to fire in about 10 minutes.

Both youths are involved in other sports with 17-year-old Eaton playing volleyball and 15-year-old Usry golf's and plays baseball.

The word Skeet originates in Scandinavia and means "to shoot." The sport was started by a couple of hunters from New England who wanted a way to improve their aim before hunting season. Eaton and Usry both hunt birds and look forward to the opening of bird season in Arizona.

A skeet shooting competition involves shooting clay targets from different stations using variety of gauges or sizes of shotgun rounds. Safety is an important issue in the sport and rules dictate that competitors keep their weapon closed only when they are standing on a station ready to engage targets.

# Soldier Show plays to packed house

## SCOUT REPORTS

This year's production, themed "Operation America Cares," focused on the powerful effect receiving packages from home has on soldiers and the "care package" symbolizing America's support.

A total of three 90-minute performances were held August 23 and 24, at the Buena Performing arts Center.

All the performers were soldiers from various units stationed around the world who have special talents

they want to share. The show's writing is based on these individual talents. "It's entertainment for soldiers, by soldiers," said 1st Lt. Heather Gross, a Blackhawk pilot stationed with the 6-101 GSAB, Fort Campbell, Ky. who plays the trumpet, sings, and dances. "There's a variety of genres and music ... it's a free show; have a good time thinking about all the positive things soldiers do."

The show played to a packed house, and consisted of the cast singing snippets of contemporary

songs and standards — "Rich Girl," and "Georgia on My Mind," were two highlights of the show — that were book-ended by skits of deployed Soldiers waiting for, and finally receiving, care-packages from home.

Other standouts of the show include an irreverent version of Queen's "Bohemian Rhapsody," a retro escapade in the Christina Aguilera/Missy Elliot version of "Car Wash," and a dance number set to the theme from Spiderman.

See **SHOW**, Page B7



Photo by Rob Martinez

**Staff Sgt. Joanne Makay, 428th MP CO./88th RRC, South Bend, Ind., performs in the Soldier Show.**



## Fit For Life

# The knee joint is vulnerable

BY GEORGE R. COLFER, PH.D.

CONTRIBUTING WRITER

This knee is the largest joint in the body and very complex in nature. It is primarily a hinge joint, which means it moves between flexion and extension without side-to-side movement. However, some internal and external rotation can take place. This rotation can only occur in a non-weight bearing position with the knee flexed or bent. When the knee is extended and supporting body weight, no rotation can take place.

A major cause of serious knee injury in sport, military and fitness activities is when the knee is forced into unnatural positions or forced beyond its normal range of movement while bearing weight such as when the foot is firmly planted on the ground and supporting body weight. Very few injuries ever occur within the knee when it is flexed and off the ground or not supporting body weight.

## Knee Structure

A joint is where two or more bones are connected together. Bones are joined

together by strong bands of tissue called ligaments. Tendons are tissue cords that connect muscle to bone. The knee consists of three bones: The femur of the upper leg; the tibia of the lower leg; and the patella or knee cap. The patella is a floating bone (sesamoid) which protects the knee and gives greater leverage to the muscles.

Four important ligaments connect the femur to the tibia to provide joint strength and stability. They are the medial collateral and lateral collateral ligaments which provide stability to the inside and outside of the knee. The anterior cruciate and posterior cruciate are ligaments which limit rotation and forward-backward movements of the tibia.

The bone ends in the knee joint are covered with articular cartilage to help absorb shock and allow a smoother movement. The knee also has the menisci, another type of cartilage material, which are pads of connective tissue that separate the connecting bone surfaces. The lateral and medial menisci are semi-lunar shaped cartilage which cushions and acts as shock absorbers between the

tibia and femur.

Two important muscle groups are mainly responsible for knee movements. They are the quadriceps group in front (anterior) and the hamstring group is the rear (posterior). The “quads” (rectus femoris and vastus lateralis, medialis and intermedius) are powerful knee extension muscles used in such efforts as in executing the squat return movement, jumping activities and bicycling. The hamstrings (biceps femoris, semitendinosus and semimembranosus) are the knee flexors and also known as the “running muscles.” Along with the gluteus maximus, they also perform hip extension which causes acceleration in running. The patella is imbedded in the quadriceps tendon. The patellar tendon is actually a continuation of the quadriceps tendon.

## Common Types of Knee Injury

Knee problems are usually classified as mechanical or inflammatory. Mechanical conditions result from injury, excessive overuse or taking the knee forcefully beyond its range of motion. Inflammatory problems include osteoar-

thritis, rheumatoid arthritis and other systemic conditions.

The most common condition is osteoarthritis of the knee. It occurs when the joint cartilage gradually wears away. Causes may be repeated injury, weak leg muscles, excess body weight and overuse or wear and tear to the joint. Common symptoms are pain, swelling, stiffness and loss of range of motion.

The meniscus is easily injured by forceful rotation of the knee while in a weight bearing position. Activity that torques or rotates the upper leg when the foot is fixed is a primary cause. The tear may be partial or total and its severity depends upon location and size. Severe pain, swelling, joint weakness and a clicking sound or locking at the knee joint are common symptoms.

Cruciate ligament injuries are often referred to as sprains. The ACL can be torn or stretched by sudden twisting movements when the planted foot and knee move opposite of each other. The PCL is injured most by direct impact or

See **KNEE**, Psge B7

## Sierra Vista 50th Anniversary



*Countdown: Sierra Vista turns 50 in 38 weeks*

### EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, “More than a city—a way of life,” May 26-28, 2006. In support of the city’s celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the “Fort Huachuca Scout,” showing what fort life was like 50 years ago. Each week, we’ll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Morgue copies of the “Scout” are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca’s past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from “The Huachuca Scout,” September 1, 1955

### Fort Film Group Gets New Movies

Memberships are now being taken for the September series by the Huachuca Film Society. The schedule for the month of September is as follows: Sept. 5 – Four Horsemen of the Apocalypse. Filmed in 1921 it stars Rudolph Valentino and Alice Terry. The director was Rex Ingram. Sept. 12 – a five feature series tracing the history of German films from 1896 to 1920, culminating in “The Cabinet of Dr. Caligari,” a psychological experimental film. Sept. 19 – The Love Parade, filmed in 1929, is one of the first operettas in sound. It stars Maurice Chevalier and Jeanette McDonald. Sept. 26 – A Short History of Animation, nine cartoons including magic lantern slides

of 1879 up to and including Walt Disney’s Mickey Mouse, Mutt and Jeff, Felix the Cat, etc.

Anyone wishing to reserve a membership should call Sp3 Bruce Spencer at xxx-xxxx.

### Fort Huachuca Clubs of 1955

Service Club - community service, social activities, celebrated birthdays, sponsored Fort Huachuca Chorus, dances and coffee socials.

Huachuca Little Theater - presented plays in the Capt. Whitside Auditorium. Tryouts for the play, “The Male Animal.”

Officers’ Club - Held “Stag Nights” for guys and offered poker and bridge.

Water Ballet - cost 50 cents per two-hour class.

Reserve Officer Association - met on a regular basis.

Sojourners - offered trips, barbecues, hikes, and more.

Civilian Club - featured card games, bingo, leather craft, ceramics, and other activities. Events were open to the public. Club got a TV during 1955, a big attraction back then.

# Arizona Tourist

## Coronado National Memorial; a nearby getaway

BY THOM WILLIAMS  
SCOUT STAFF

The Coronado National Memorial is located near the southern tip of the Huachuca Mountains, about 23 miles south of the main gate makes for an entertaining and inexpensive day trip for residents of Fort Huachuca and Cochise County.

Located on a paved road just off State Route 92, the memorial offers a range of activities from exploring a cave, hiking a variety of trails or visiting the welcome center and learning about Spanish explorers or native plants and animals. The National Park facility was established in 1952 to commemorate the explorations of Francisco Vásquez de Coronado.

At the visitors center you can learn about the Coronado expedition that took place from 1540 to 1542 and passed near the present day memorial. The explorers were following the San Pedro River in a journey north in search of the fabled "Seven Cities of Gold."

The center also has a box filled with replicas of conquistador helmets and chain mail that visitors can examine and try on. Several exhibits that feature the flora and fauna of the high desert region are also on display at the center.

Visitors can also register for a free permit to make the three quarters of a mile hike to Coronado Cave. The cave has been known by many names over the years to include, Montezuma's Treasure Vault and Geronimo's Cave. Legend has it that during the late 1800's, Apache Indians used the cave as a hiding place from their enemies.

Coronado Cave is about 600 feet long, 20 feet wide and 70 feet high and has several passage ways that split off the main room. People who wish to visit the cave must register at the visitor's center and are required to have two flashlights per person and water. It takes about two hours to visit the cave and don't forget to wear sturdy shoes.

Coronado National Memorial is a hiker's paradise and offers trails for every taste and skill level. For more information on the hiking trails of the memorial, go to their Web site at [www.nps.gov/coro/](http://www.nps.gov/coro/).

The crowned jewel of the Coronado National Memorial is Montezuma Pass at an elevation of 6575 feet. The road to the top of the pass is mostly dirt and has many winding switchbacks. Once you reach the parking lot, hiking trailheads are just a short distance away or you can just soak up the spectacular vistas.

Another popular activity is to set off on a scenic drive by continuing over the pass. You can reach Fort

Huachuca's West gate and Parker Canyon Lake by following Arizona State Route 83 which is for the most part a paved road. Or follow Forest Road 61 across the San Rafael Valley to Patagonia and Nogales. Keep in mind that all the roads are graded for passenger vehicles, but there are no services. Make sure your vehicle's gas tank is close to full and remember that cell phone service is spotty at best in most of these areas.

### Hours:

The Coronado National Memorial Visitors Center is open from 9 a.m. to 5 p.m. every day of the year. The remainders of the destinations within the memorial are open from dawn to dusk.

### Prices:

All activities are free at the Memorial.

### Getting there:

To reach the Coronado National Memorial from the main gate, take a right on to Buffalo Soldier Trail, then make a right onto State Route 92 and travel for about 15 miles to S. Coronado Memorial Drive. Follow S. Coronado Memorial Drive 5 miles to the Visitors Center.

*Editor's Note: Information for this article was taken from the National Park Services Coronado National Memorial Web site at [www.nps.gov/coro/](http://www.nps.gov/coro/).*

# Ask the Dietitian

## The health benefits of chocolate?

BY CAPT. JENNIFER L  
RODRIGUEZ  
REGISTERED DIETITIAN

Every week I attempt to bring you some sort of nutrition information in the hopes that you will be able to make healthy changes to your lifestyle. Many people approach me with similar questions on what is considered a "good" food versus a "bad" food. Chocolate is probably the most popular topic of discussion in my place of employment! So, is chocolate "bad" for you?

Some of the latest research

indicates that chocolate may provide some benefit particularly to heart health. Cocoa beans contain compounds called flavonoids. Flavonoids are what some call "natural antioxidants," which help prevent heart diseases and cancer. Flavonoids may also lower blood pressure. Dark chocolate contains the highest amount of cocoa compared to milk chocolate or white chocolate. This high amount of cocoa is what gives dark chocolate its bitter taste.

Now don't get me wrong, this isn't permission to run out and

start eating chocolate thinking it may improve your health. The downside to chocolate, whether dark or milk, is that it contains lots of calories in the form of fat and sugar which can contribute to weight gain. A small piece of dark chocolate has about 50 calories. Candy bars can run you about 200 calories!

If you want to boost your antioxidant intake, consider fruits and vegetables instead. These pack just as many antioxidants as well as phytochemicals to boost your health. And, a single serving of fruit or vegetables contains

25-80 calories. Even better, green tea is loaded with antioxidants and one cup has ZERO calories!

An occasional piece of chocolate is definitely a possibility in your healthy lifestyle and there's nothing like a piece of chocolate to make you smile. Just remember moderation is key and a well balanced eating plan is the way to go. Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to [jennifer.rodriguez1@us.army.mil](mailto:jennifer.rodriguez1@us.army.mil).

## Community Briefs

### Recycling contest

The city of Sierra Vista has again this year entered a nationwide competition with other communities its size to see who can recycle the most aluminum cans during the contest period – now through Sept. 16. The prize is \$5,000, and an-

other \$5,000 in prize money will go to the city that comes up with the most innovative means of collecting the cans. Any winnings will go toward improving the city's recycling program.

Smash the cans and get them to the recycling center (1224 North Avenue) or to any of the other

drop-off sites during the two-week period.

City Drop-Off Sites for aluminum cans, newspapers, and magazines (open 24-hours): Recycling Center on North Street, Target, Osco parking lot, Ethel Berger Center, and the Mall at Sierra Vista.

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## BOSS program

The BOSS program is having a Chaplains' Tubing Trip in Tucson.

The date will be determined at a later time. The trip will cost \$25. Transportation will be provided.

If you are interested in attending, please contact Chaplain McFarland at 533-4911.

## Organizational Meeting

The 111th MI Bde. will be holding a Skeet & Trap Organizational meeting at 5 p.m. on today at the Sportman's Center.

For more information, call Carl Jensen, 533-7085.

## Labor Day riding

Buffalo Corral will be open on Labor Day for open riding from 9 a.m. to 4 p.m. Please call for rates. For more information, call Debra Wilson at 533-5220.

## Sign up for youth dance classes

The SKIES *Unlimited* program is currently accepting students for two new dance classes.

The Combination Dance Class, which includes ballet, tap, jazz, baton and acrobatics, will begin Wednesday. The class will be broken into four separate age groups, and youth ages 2 - 18 years may attend. The program fees and class location are dependent upon age group.

The Hip Hop Dance class will be held 4:30 - 6 p.m., every Saturday, beginning Sept. 10, at the School Age Services Building. This class is open to youth ages 9 - 18, and the program fee is \$35 per month.

For more information, call SKIES Instruc-

tional Program Specialist Robin Gabert at 533-0710.

## USAWOA 5<sup>th</sup> Annual Golf Scramble

The Fort Huachuca chapter of the U.S. Army Warrant Officer Association is hosting their 5<sup>th</sup> annual golf tournament on Sept. 17.

Proceeds from this tournament will go to the David M. Heckman Memorial Scholarship Fund.

This program provides financial assistance to deserving high school seniors and first and second year college students in their pursuit of higher education.

The tournament will be held at the San Pedro Golf Course in Benson.

Pre-registration can be done any time before Sept. 10. The tournament is limited to 36 teams, so register soon.

For more information please call 533-4843, 533-8657 or 533-4081.

## Bike rental and repair

Sun n' Spokes of Sierra Vista is offering bike rental and repair of customer-owned bikes on Fort Huachuca from 4:30- 6 p.m. on Monday-Friday and from 10 a.m.-2 p.m. on Saturdays at the Eifler Fitness Center.

For more information, call Sun n' Spokes at 236-5969 or visit their Web

site at [snsbikes.com](http://snsbikes.com).

## Youth Tae Kwon Do class moving

The Child and Youth Services SKIES Unlimited Tae Kwon Do class will permanently change locations Oct. 1, from the Youth Center to Murr Community Center. The class will continue at its regular time, every Tuesday and Thursday, at the new location. For more information, call Robin Gabert at 533-0710.



## Lost and Found

The Fort Huachuca Military Police lost and found currently has numerous adult and children's bicycles available for return to their owners.

The lost and found also has several wallets and ID cards.

If you are missing any of the above, please call Ariana Barrios or Amber M. Gonzalez of Military Police Investigations at (520) 533-8830/8825.

The lost and found office is located in Building 31122, Rm. 179.

## Thrift Shop needs volunteers

The Fort Huachuca Thrift Shop is looking for volunteers that are interested in working the book area and the floor area.

Those interested must be able to stand for long periods of time. Please call Lois at 458-4606 or come to the Thrift Shop on Tuesday or Thursday.

# Pets Of The Week

**There are no pets of the week this week because all the animals at the Fort Huachuca Veterinary Facility have been adopted.**

*These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachucafinder.com](http://forthuachucafinder.com). In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.*

# At The Movies

Showing at the Cochise Theater for the next week are:

### Today -7 p.m.

Bad News Bears  
PG-13

### Friday -7 p.m.

Hustle and Flow  
R

### Saturday -7 p.m.

The Wedding Crashers  
R

### Sunday -2 p.m.

Sky High  
PG

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

# Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, has left the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



**SHOW**, from Page B1

The show also featured interpretative dance, baton twirling and a brass instrument battle between a trumpet player and a saxophone player, set to the tune of "Hit the Road Jack."

For the performers, the tour includes many perks, such as meeting different people, and traveling. This particular showing included two homecomings. 1st Lt. Christina Fanitzi, of the 30 MI BN, 501 MI BDE, Camp Humpherys,

Korea, and Sgt. Allison Carpenter from the 527 MI BN, 501 MI BDE, Camp Humpherys, Korea, were happy to be back.

"I love Fort Huachuca," said Fanitzi, who completed the Military Intelligence Officer's Basic Course here. "It's so good to be back. I went to where I used to live, favorite restaurants. It's a good feeling here." Fanitzi dances, sings, and raps.

Sgt. Allison Carpenter is a counter intelligence agent who finished her Advanced Individual Training on the fort, and also feels that it's "nice to be back in the old stomping ground."

Along with singing and dancing, Carpenter twirled batons, and juggled swords. "It's an opportunity to do something I love, and do it in the Army," she said.

**KNEES**, from Page B2

a "hit" as in football. Ligament injuries do not always cause pain, but the injured person usually hears a "popping" sound followed by joint weakness and the inability to stand on it or move without the leg and knee giving way.

Collateral ligament injuries are more frequent on the medial side. The MCL is easier to injure when a blow or "hit" to the outside of the knee causes stretching or tearing of the ligament on the inside of the knee. Contact sports are a frequent cause. Pain and swelling are common along with a "popping" sound, joint weakness and a sideways collapse of the knee.

Some of these injuries can be

diagnosed from symptoms and cause.

However, anytime that knee pain persists, it is wise to obtain a medical diagnosis from an orthopedic physician. Serious injury may have taken place without severe pain. Swelling of the knee should require medical attention. Doctors may do some manual testing on the knee and follow-up with diagnostic procedures such as x-ray, MRI, cat scan, bone scan or arthroscopy to determine the exact type and extent of the injury. Knee treatments vary from rest, medication, physical therapy, arthroscopy and possibly surgery to aid in recovery and rehabilitation.

Due to the nature of the activity, many military and sport knee injuries are unavoidable, but certain procedures may assist in prevention.

1. Keep leg muscles strengthened with aerobic activity, free body exercise and strength training.

2. Warm-up thoroughly before strenuous activity, especially the quadriceps and hamstrings.

3. Prepare or practice for high intensity activity.

4. Wear proper fitting boots and shoes to maintain leg alignment.

5. Keep your body weight in a normal range for your size and strength level.

The major stability of the knee is provided by the muscle groups acting on it. A high level of strength in the quadriceps is important, but hamstring strength is also important to avoid muscle imbalance. Hamstring strength should at least be 50 percent to 75 percent of the quadriceps strength. Knee problems commonly occur both in young people and adults. The knee is very important to one's mobility. Extreme deep- knee bends and duck walks or "waddles" are not recommended for exercise as they make the knee do forced rotation in a weight-bearing position and can cause injury.

**Advertisement**